



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF October 24- October 28



TIMES	MONDAY 10/24	TUESDAY 10/25	WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Gym: Choice Play (centers: hoola hoops, jump ropes, basketball, soccer)	Playground	Art Project: Coat of Arms and Crowns	Playground	Gym: King’s Treasure
10:00					
10:30	MR: Board games	MR: Charades Lunch	Gym: Battalion	MR: Look up Dude Lunch	MR: Trash Playground
11:00					
11:30	Playground	P/U at 11:30am Museum of Natural Science (Raleigh) 12:00pm-2:00pm	Playground	P/U at 11:30am Adventure Landing 12:00pm-2:00pm	MR: Good Morning Mr. Judge Lunch
12:00					
12:30	Lunch		Lunch		Quiet Time
1:00	Quiet Time		Quiet Time		Quiet Time
1:30	Rules/ Schedules review		Rules/ Schedules review		Rules/ Schedules review
2:00	Gym: Protect the President	Down Time	MR: Jester	Down Time	Gym: Catch Up
2:30					
3:00	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL
3:30					
4:00					
4:30-6:00	ASX ACTIVITIES				

 Fieldtrip

 Special Program/Movie

 Art/Cooking Project



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF October 31-November 04



TIMES	MONDAY 10/31	TUESDAY 11/01	WEDNESDAY 11/02	THURSDAY 11/03	FRIDAY 11/04	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	Snack	Snack	Snack	Snack	Snack	
9:30	MR: Costume Fashion Party	MR: Bumper Ball	Gym: Chimney Dodge ball	MR: Board Games	Playground	
10:00						
10:30	Playground	Playground	MR: Rules/ Schedules review	Gym: Bottom ball	MR: Find the Thimble	
11:00			P/U at 10:30am			
11:30	Lunch	Art Project: Falconry	Hillridge Farms 11:30 -2:00 Eat Lunch at Hillridge Farms	MR: Hit it/catch it	Gym: Mouse Trap	
12:00						MR: Rules/ Schedules review
12:30	P/U at 12:30 Bisque Art 1:00-2:00			Lunch	Lunch	Lunch
1:00				Quiet Time	Quiet Time	Quiet Time
1:30		Gym: Gladiator	MR: Rules/ Schedules review	MR: Rules/ Schedules review		
2:00	Playground		Game Room: Table Tennis, Board Games, Air Hockey Room			
2:30	MR: board games		Playground/Outside Activities			
3:00	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	
3:30						
4:00						
4:30-6:00	ASX ACTIVITIES					



Fieldtrip



Special Program/Movie



Art Project



LAKE LYNN TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF November 07-November 11



TIMES	MONDAY 11/07	TUESDAY 11/08	WEDNESDAY 11/09	THURSDAY 11/10	FRIDAY 11/11
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	H O L I D A Y
9:30	Playground	Gym: Bombardment	Gym: Backboard dodge ball	Game Room: Table Tennis, Board Games, Air Hockey Room	
10:00					
10:30	MR: Four Corners	MR: Rules/ Schedules review	MR: Board games	MR: Rules/ Schedules review	
11:00	MR: Rules/ Schedules review	Lunch		Lunch	
11:30	Art Project: Wooden Kings and Queens	P/U at 11:30 am AMF Bowling Pleasant Valley 12:00 pm-2:00 pm	Playground	P/U at 11:30 am BigEBounce 11:30 am– 2:00 pm	
12:00					
12:30	Lunch				
1:00	Quiet Time				
1:30	MR: Sausage	Quiet Time	MR: Rules/ Schedules review		
2:00	Gym: Choice Play (centers: hoola hoops, jump ropes, basketball, soccer)		Cooking Project: Sweet T.O.M. Turkey		
2:30					
3:00	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	MERGE WITH AFTERSCHOOL	
3:30					
4:00					
4:30-6:00	ASX ACTIVITIES				



Fieldtrip



Special Program/Movie



Art Project

Lake Lynn Track Out

Track 3 – Week 1



We are traveling to the awesome Museum of Natural Science in downtown Raleigh. Make sure your child has on his or her game face because we are headed to Adventure Landing this week.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips and More!

NC Museum of Natural Science

Our campers will explore the depth of the oceans to the dampness of the forest. They will also journey into the past and stand face to face with a T-Rex.

11 W. Jones St., Raleigh 27601

Adventure Landing

Arcade games+lazer tag+putt putt golf= FUN

Extra money for snacks or extra tokens is optional.

3311 Capital Blvd., Raleigh, NC 27604

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.



Lake Lynn Track Out

Track 3— Week 2



Welcome to week two of Track Out X-press!
This week we travel to Bisque Art and Hillridge Farms. Please have your child wear comfortable clothes, bring lunch and extra water for Hillridge Farms.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips and More!

Bisque Art

The kids will use their creativity to paint beautiful pieces of pottery.
7440 Six Forks Rd. Suite 9, Raleigh, NC
(919) 870-9377

Hillridge Farms –

Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, fish pond, farm animal corral and more!
The kids will also search for the ultimate pumpkin!
Additional money for the gift shop is optional. We will be outside for most of our trip.
Please wear cool clothing, sunscreen and bring a water bottle.
703 Tarboro Rd, Youngsville, NC 27596

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.



Lake Lynn Track Out

Track 3— Week 3



Welcome to week three of track out X-press. During this week we will be enjoying the thrill of bowling strikes at AMF Pleasant Valley Lanes and having a bouncing good time at BigEBounce. Please make sure your child wears socks!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies

Field Trips and More!

AMF Pleasant Valley Lanes

STRIKE! We are going bowling! The kids will have a rocking good time aiming for a strike or picking up that spare. Please remember to wear socks! Additional money for concessions is optional.

5501 Commercial Ave. Raleigh, NC 27612

BigEBounce

Its bounce time! The kids will have a bouncing good time playing in the bounce houses and slides. Wait there's more! Kids will challenge their friends in exciting games on the Wii, X-box Kinect and Playstation 3 Move game systems. Please wear socks.

10065 South Maynard St., Cary, NC

Please remember to send 2 snacks and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child. As always, please contact us with any questions or concerns.

